SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

DULY QUOTED

JENNIFER LAWRENCE TELLS METRO WHY SHE FEELS BAD FOR EMMA STONE, AND THE REASON SHE HAD TO STOP SHOPPING AT WHOLE FOODS PAGE 16

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Can you hear their drums beating, HEARTS POUNDING?

Idle No More protesters demonstrate outside the British Consulate at College Park in Toronto on Wednesday. About 100 people sang songs, played aboriginal drums and belted out anti-Stephen Harper slogans as they slowly made their way through the city's core, snarling traffic as they marched towards Dundas Square. Banner-waving, drum-pounding First Nations protesters and supporters blocked bridges, slowed transport trucks and stalled rail traffic across the country in a public show of solidarity. Go to metronews.ca for full story. AARON VINCENT ELKAIM/THE CANADIAN PRESS

TTC wants its wages back

After one fifth of its transit enforcement squad was fired for allegedly slacking off, the TTC may look into getting back the money it paid them PAGE 3

City's budget chief resigns

Unhappy with the spending approved by councillors for 2013, budget chief Mike Del Grande steps down PAGE 6

Leafs: Dread, White & Blue

After a simulated game at the team's training centre, things are as clear as mud in Leaf Land. But coach Randy Carlyle knows one thing for sure — tough decisions have to be made about the roster PAGE 28

Ford hails budget as success

Secret to this success was compromise. But not all councillors happy with what went on

After bowing to the firefighters' union he had previously accused of "blowing smoke" over proposed cuts, Mayor Rob Ford proclaimed Toronto's 2013 budget a "great, great success story."

Ford, who could any day be ejected from office by an appeal court, mustered campaign-style enthusiasm Wednesday for a $9.4-billion plan that council had just enlarged by $12 million, on top of $7 million from Ford's executive and $1.3 million added by the budget committee.

"Every single member of council can be happy with the small compromises made in it, because even with those compromises we have turned the corner ... we're on the right path, the path protecting the taxpayers of this great city," Ford said.

Asked about his decision to vote for a compromise brokered by some of his erstwhile allies feeling heat over a plan to mothball five fire trucks and the Runnymede Road station, Ford — fresh off a media offensive against the firefighters' union — said council leftists were kept in check.

"We fended them — they're like piranha so you're going to get bit a few times but, you know what — you're in there and it could have been a lot worse ... we got away unscathed."

Red-shirted firefighters cheered quietly when council voted 39-6 in favour of a $3.1-million motion by a Ford ally, Coun. Paul Ainslie, to pay for 83 firefighter positions and 15 fire prevention officers until July 1, pending the results of an efficiency study and an insurance underwriters' review.

That added 63 positions to the Ford-approved plan submitted and defended by Fire Chief Jim Sales after the administration ordered him to freeze spending. Ford himself appeared angered by the compromise Tuesday.

Some of his allies, including Deputy Mayor Doug Holyday, are still fuming.

Taxpayers are being burdened with so many councillors' pet projects, "We ought to call this the Ikea monkey budget," he thundered. Holyday worried that council was sending bureaucrats the message their plans will be trashed if a union objected to them.

"I guess it says: 'If you're going to come and want to make any changes here, and they involve the union, you'd better get the union onside before you come to council, because if you don't, you run the risk of what happened here today,'" he said. TORSTAR NEWS SERVICE

Budget bits

- A $6-million boost in arts funding
- $1.163 million extra for student breakfast programs
- $3.8 million to fund fee subsidies for 264 child-care spaces
- $894,450 to cover inflation in community grants

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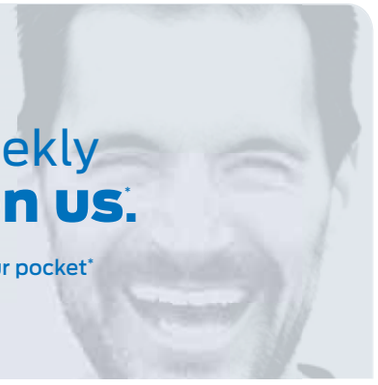

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Taxes payable on full amount of purchase price. ^Until February 28, 2013, receive [0%† / 4.99%‡ APR purchase financing on new 2013 [Focus SE Sedan/Escape SE FWD 1.6L Ecoboost/F-150 STX Super Cab 4x2] models for a maximum of 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$19,678/$28,328/$24,028] purchase financed at [0%† / 4.99%‡ APR] for 72 months, monthly payment is [$277/$393/$386] (this sum or twelve (12) monthly payments divided by 26 pennies gives payee a bi-weekly payment of [$10,826/$17,936/$16,718]), interest cost of borrowing is [$0/$1,215/$3,354] or APR of [0%† / 4.99%‡ APR] and total to be repaid is [$19,678/$29,543/$27,782]. Down payment may be required based on approved credit from Ford Credit. 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For customers making monthly payments, the first three bi-weekly payment amounts will be calculated by multiplying the monthly payment by 12, dividing the resulting amount by 26, and multiplying the resulting amount by three. In most cases, the customer will be responsible for making all scheduled payments in accordance with his or her purchase or lease agreement but will receive a cheque from the dealer for an amount equivalent to the first three bi-weekly payments, including tax, up to the Maximum Amount. The means by which the Offer will be executed by dealers to customers will vary based on the type of purchase or lease agreement – see dealer for full details. Offer not available to cash purchase customers. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. 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Actual fuel consumption will vary. ^Offer only valid from December 1, 2012 to January 31, 2013 (the "Offer Period") to resident Canadians with a Costco membership on or before November 30, 2012. Use this $1,000 Costco member offer towards the purchase or lease of a new 2012/2013 Ford vehicle (excluding Fiesta, Focus, Fusion HEV & Energi, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV & Medium Truck) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford/Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. 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Eligible customers will receive [$500]/[$1,000]/[$2,500]/[$3,000] towards the purchase or lease of a new 2012 or 2013 Ford [C-Max, Fusion Hybrid, Fusion Energi]/Fusion (excluding SE), Taurus (excluding SE), Mustang (excluding Value Leader), Escape (excluding XLT 4x4 Manual), Transit Connect (excluding EV), Edge (excluding SE), Flex (excluding SE), Explorer (excluding Base) / F-150 (excluding Regular Cab 4x2 XL), Expedition, E-Series) / [F250-550] – all Fiesta, Focus, Raptor, GT500, BOSS 302, Transit Connect EV, Medium Truck, Value Leader and Lincoln models excluded (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, provide the Dealer with: (i) sufficient proof of Ontario, and (ii) signed original ownership transferring customer vehicle to the Authorized Recycler; and (ii) Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. 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TTC may seek back wages from fired officers

False tickets scandal. Sources allege transit cops were doing errands, enjoying trysts while on the job

They were supposed to be at work. Instead, eight TTC transit-enforcement officers, fired for allegedly issuing fake provincial fines, are being accused of using work time to run personal errands such as shopping, surfing the web and, in at least one case, visiting a girlfriend.

One officer, who sources say is married with children, was allegedly driven to meetings with a girlfriend by officers under his supervision. One officer was driving to Milton during his shift, sources alleged on Wednesday.

"These guys just weren't working," one source said.

TTC officials and police remain tight-lipped about the findings of their joint investigation, which concluded that 20 per cent of the TTC's transit-enforcement squad wasn't always on the job when it was supposed to be.

Although the alleged ticket scheme wouldn't bring any profit, the TTC is considering whether it can recover some of the wages it paid for work it contends wasn't being done.

Four of the five transit cops arrested on Tuesday earned between $102,000 and $129,000 in 2011, including overtime. Enforcement officers' base pay ranges from about $60,000 to $85,000.

Five of the eight officers fired face charges of attempting to obstruct justice and fabricating evidence. Michael Schmidt, of Barrie; Svetomir "Tony" Catic, of Oakville; James Greenbank, of Milton; Jan Posthumus, of Toronto; and Neil Malik, of Ajax, are expected to appear in College Park court next month.

It's alleged the officers wrote hundreds of fake provincial tickets in the names of homeless people with no fixed address.

TORSTAR NEWS SERVICE

Quoted

"We are looking at options with respect to time theft and what we might do to recover some of the money that was, in essence, stolen from us by not working. Whether or not we would be successful legally is another question."

TTC spokesman Brad Ross

You ought to be in pictures

Gwyneth Herrera, 4, celebrates in front of her paintings at the Visual Arts Mississauga studio on Wednesday. The arts centre is holding a weeklong exhibition of her work, along with pieces by her father, Carlos Herrera. Herrera started teaching his daughter to paint when she was just 14 months old. The exhibition is called Determination of Dreams, which Herrera said is a reference to the notion that it takes perseverance to make dreams come true. Go to metronews.ca for the full story. VINCE TALOTTA/TORSTAR NEWS SERVICE

Doctor guilty of sex abuse was interested in second 'teen'

Flanked by his lawyers, Jeffrey Seidman, centre, leaves the College of Physicians and Surgeons after a reinstatement hearing last August.
MICHAEL WOODS/TORSTAR NEWS SERVICE

A former pediatrician who had his medical licence revoked for sexually exploiting a 15-year-old patient — and who confessed he was open to romance with a person he believed to be a teenage girl (in reality, an online investigator) — wants to be reinstated as a doctor.

Jeffrey Seidman, formerly head of the sexual assault trauma unit at Scarborough Grace Hospital, was at the College of Physicians and Surgeons of Ontario on Wednesday for the closing arguments of his reinstatement hearing.

In 2003, he pleaded guilty to sexually exploiting a teenage patient in the early 1990s, but maintains the crime occurred while he suffered from mental illness spurred by his use of Ritalin and an undiagnosed thyroid condition, his lawyer, Brian Gover, said.

"He wears the scarlet letter and carries a burden of shame," Gover said.

Seidman, 58, applied for reinstatement in February 2010. The College didn't initially oppose his application, but decided to challenge it after Seidman's victim asked the College to look into his Facebook activity, College lawyer Morgana Kellythorne said.

In September 2010, a College investigator posed as "Emily," a fictitious 17-year-old who approached Seidman on Facebook, Kellythorne said. Seidman and "Emily" began exchanging messages about dancing, and how boys her age are "immature."

Ten minutes into their conversation, Seidman wrote that "if a young woman wanted to get it going on, he'd be ready," Kellythorne said. Messages were explicitly sexual, she noted.

When the College notified Seidman that "Emily" was a male investigator, he claimed his banter was of a joking nature.

Gover criticized the "Emily" exercise as "misguided and flawed," and "essentially entrapment." TORSTAR NEWS SERVICE

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Tory charge

'I have not talked ... coalition': Wynne

Liberal leadership frontrunner Kathleen Wynne is rejecting Tory speculation she would formally join forces to govern with the New Democrats if chosen premier at a party convention next weekend.

"I have not talked about a coalition," Wynne said after a luncheon speech to the Toronto Board of Trade, where she pleaded for an "adult" debate on how to fund expansion of public transit, such as tolling of high occupancy lanes.

Kathleen Wynne THE CANADIAN PRESS

The MPP for Don Valley West — who is in a close race with former cabinet colleague Sandra Pupatello to replace Premier Dalton McGuinty — insisted she will reach out to both Progressive Conservative Leader Tim Hudak and NDP Leader Andrea Horwath in a bid to keep the Liberals in power.

At Queen's Park, Hudak said he's "very concerned about all this talk about a coalition between the NDP and the Liberals."

TORSTAR NEWS SERVICE

Expansion announced

YMCA vs. obesity

The YMCA of Greater Toronto announced Wednesday a major expansion plan to fight childhood obesity, provide quality child care and boost youth education and employment in communities across the GTA. The charity is committed to building 10 new Centres of Community in select neighbourhoods by 2020, the largest endeavour in its history. METRO

Between 1999 to 2003

Toronto math tutor charged with sexually assaulting two children

A 47-year-old man from Toronto faces charges in connection with a sexual assault involving two children.

The man is known within the Toronto Tamil community as an academic tutor and allegedly assaulted the two children between 1999 and 2003 while he was tutoring them in math.

Lakshmikanthan Kumarasamy has been charged with two counts of sexual assault, two counts of sexual interference and two counts of invitation to sexual touching.

Police believe there may be more victims.

Anyone with information is asked to call 416-808-5100.

TORSTAR NEWS SERVICE

Ford and foe get friendly

Let's do lunch. Mayor and councillors meet at Little Italy eatery to celebrate passing of budget

From sworn enemies to sandwich buddies.

Mayor Rob Ford and his harshest critic, Coun. Adam Vaughan, celebrated passage of the 2013 City of Toronto budget by eating side by side, surrounded by eight council colleagues in Little Italy.

Coun. Doug Ford said the Wednesday lunch outing was to settle a bet over whether council would finish voting on its contentious spending plan before 1 p.m. Councillors kept inviting colleagues and they arrived in two groups at San Francesco Foods on Clinton Street before moving next door to the Monarch Tavern.

The mayor walked in. Vaughan scooched over.

"I pulled up a chair and said, 'Have a seat, Rob, welcome to the 'hood," Vaughan said. "This notion that we're always at each other's throats just isn't true."

Conversation topics at the table included football, which Florida coast is warmer and the mayor's aversion to spicy foods.

"They were joking, having fun ... It was a good day today — best day in two years," said Coun. Doug Ford.

Coun. Paul Ainslie snapped a photo of the historic moment, which also included colleagues Josh Colle, Frances Nunziata, Anthony Perruzza, Joe Mihevc, John Filion, Mark Grimes and Jaye Robinson.

TORSTAR NEWS SERVICE

Mayor Rob Ford and his harshest critic, Coun. Adam Vaughan, eat lunch in Little Italy on Wednesday with fellow council members after they passed the 2013 city budget. The photo was taken by Coun. Paul Ainslie. CONTRIBUTED

A warm welcome

"I pulled up a chair and said, 'Have a seat, Rob, welcome to the 'hood. This notion that we're always at each other's throats just isn't true"

Coun. Adam Vaughan

Fled on foot. Five arrested after home invasion, abduction

Police say five men have been arrested following a home invasion north of Toronto and a dramatic takedown at a busy intersection in the city's north end.

The incident began when police received a call Wednesday morning about a home invasion in Vaughan (on Solway Avenue near Keele Street and Major MacKenzie Drive.)

Police say five suspects forced a man into a vehicle and when officers arrived, the suspects took off.

Officers pursued the vehicle and the chase ended outside Sheridan Mall (at Jane Street and Wilson Avenue) where police say one of the five suspects fled on foot.

The emergency task force was called in and during the search of the area, several schools were put on hold and secure as a precaution.

Police say the suspect who fled on foot was arrested a short time later.

THE CANADIAN PRESS

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I quit! Budget chief makes a Grande exit

City hall. Mike Del Grande cites dissatisfaction with the 2013 budget

Mike Del Grande. TORSTAR NEWS SERVICE

After two years at the post, Coun. Mike Del Grande has resigned as the city's budget chief.

It's something Del Grande had been threatening to do for months, but it appeared the Scarborough Agincourt councillor still hadn't made up his mind at the time council approved his 2013 budget on Wednesday.

Speaking to reporter after the vote, Del Grande said: "I think before I say anything to the press, I think there's a bit of discussion I'm going to have to have with the city manager and the mayor."

Del Grande vowed to step down if council voted to add any spending to his $9.4 billion operating budget. Council voted to add another $12 million.

On the council floor, Del Grande railed against a motion filed by Coun. Joe Mihevc, which called for greater transparency in the budget process.

Del Grande said he felt "vilified."

"We've had more meetings, we've had more briefing notes, we've had more information and to make the charge that the process is not transparent goes beyond the pale for me. I'm disappointed," he said, later telling reporters he took the fact that council approved the motion as a vote of non confidence.

Del Grande did not respond to a request for comment from Torstar News Service. He told Newstalk 1010 he wasn't "bitter, it was just time to go."

Budget committee vice-chair Doug Ford said the departure was not a surprise to the administration and the mayor has "a few folks in mind" to replace him. TORSTAR NEWS SERVICE

Up 4 per cent. Realtors 'cautiously optimistic' about T.O. housing market

Toronto's housing market seems to be picking up a bit of unexpected steam after six months of slowing sales and softening prices.

The number of houses that changed hands in the first two weeks of January was up 2.4 per cent and the average selling price was up four per cent compared to the same period a year ago, according to figures released Wednesday by the Toronto Real Estate Board.

The average price of homes sold in those first two weeks of 2013 was $459,728, according to TREB.

"I am cautiously optimistic about this result. It will be important to watch sales trends closely as we move through the first quarter to see if some of the households who moved to the sidelines as a result of stricter lending guidelines are starting to renew their decision to purchase a home."

The condo sector was another story: Sales were down about 4.4 per cent — five per cent in the 905 regions compared to 4.2 per cent in Toronto — and prices sank by 3.3 per cent.

TORSTAR NEWS SERVICE

Unlike the condo market in Toronto, realtors are hopeful about home sales in the GTA. RICHARD BUCHAN/THE CANADIAN PRESS

Burlington

Teen arrested after posing with a rifle on Facebook

A Burlington teenager has been arrested after allegedly posting a photograph of himself wielding a high-powered rifle on Facebook.

The photograph had a caption that allegedly threatened another male, police said. They were informed of the photo on Jan. 14 and believe it was posted within the last week.

Halton Regional Police Det. Sgt. Jeff Hill said the accused and the target of the alleged threat "had an ongoing dispute."

Hill said the photograph was taken at the home of a person known to the accused. When police went to the scene they seized two shotguns, ammunition and a rifle.

A 17-year-old boy — who cannot be named under the Youth Criminal Justice Act — has been charged with unauthorized possession of a firearm, use of a firearm in commission of an offence and uttering a death threat.

TORSTAR NEWS SERVICE

Bill 115

High school teachers take protest to MPPs

Their plans for a day of protest scuttled by an Ontario Labour Relations Board ruling, public high school teachers staged after-school protests in several southern Ontario centres on Wednesday.

Teachers rallied at the offices of local MPPs to protest Bill 115 — the controversial legislation that allowed the governing Liberals to impose new contracts on them.

THE CANADIAN PRESS

Northern Ontario

My polar bear can make a better painting than that

How do you get a polar bear to paint? The keepers at the Cochrane Polar Bear Habitat in northern Ontario say very carefully — and with a lot of peanut butter.

Ganuk's original art is priced between $50 for an unframed piece to $130 for one that's large and framed.

THE CANADIAN PRESS

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After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
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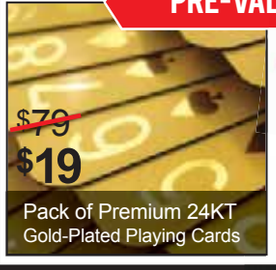

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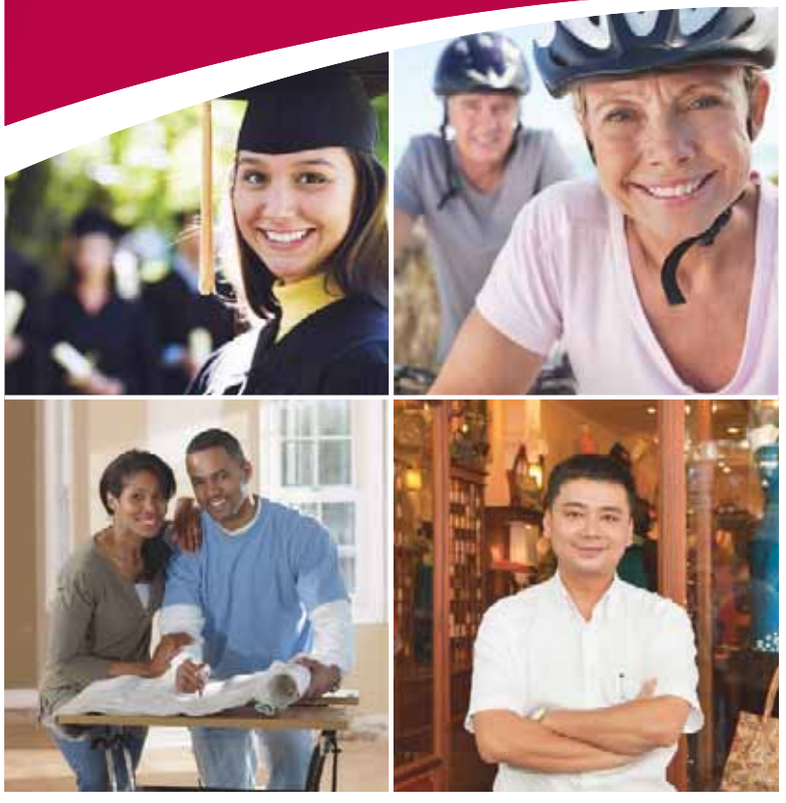

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Obama unveils $500M strategy to curb gun violence

Your move, Congress. President bracing for blowback from gun owners, lawmakers and lobbyists

Barack Obama is working to implement a sweeping gun strategy that will likely be opposed by Republican lawmakers. CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama urged a reluctant Congress on Wednesday to require background checks for all gun sales and ban both military-style assault weapons and high-capacity ammunition magazines in an emotion-laden plea to curb gun violence in America, though he acknowledged he's in for an uphill battle.

The president's sweeping, $500-million plan, coming one month after the school massacre in Connecticut, marks the most comprehensive effort to tighten gun laws in nearly two decades. But his proposals, most of which are opposed by the powerful National Rifle Association and its allies in Washington, face a doubtful future in a divided Congress where Republicans control the House of Representatives.

Seeking to circumvent at least some opposition, Obama signed 23 executive actions on Wednesday, including orders to make more federal data available for background checks and end a freeze on government research on gun violence. But he acknowledged that the steps he took on his own would have less impact than the broad measures requiring approval from Congress.

The U.S. has the highest rate of gun ownership in the world, and pro-gun groups see any move on gun restrictions as an offence against the right guaranteed by the Second Amendment of the U.S. Constitution. Critics counter that the country's founding fathers never could have foreseen assault weapons more than two centuries ago, when guns were intended for the common, not individual, defence (often stored in community areas) and rifles fired one laborious shot at a time.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." THE ASSOCIATED PRESS

President's daughters

NRA ad is 'cowardly': White House

The White House says a National Rifle Association video that makes reference to President Barack Obama's daughters is "repugnant and cowardly."

The comments referred to an online video from the pro-gun lobby that calls Obama an "elitist hypocrite" for having armed Secret Service agents protect his daughters at school while voicing skepticism about installing armed guards in all schools.
THE ASSOCIATED PRESS

DNA

Study links genes to behaviour of bullying victims

The episodes of bullying that mar early grade school years for hundreds of children may be a partial result of the victim's DNA, a new study suggested Wednesday.

The behaviours that most often lead to exclusion and victimization in the classroom or schoolyard have their roots in a student's genes, the study said, arguing that children's genetic makeup has a direct impact on the quality of the interactions they enjoy with their peers.

The findings were published on the website of the journal Child Development.
THE CANADIAN PRESS

Judgment. Vancouver student's provocative photo sparks discussion

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgment, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and re-blogging it.

She took the photo as part of a high school art project last year as a way to reassess her assumptions and preconceptions about how women dress. TORSTAR NEWS SERVICE

Student Rosea Lake's photo, titled Judgment. HANDOUT

Social media. Who is ghost-tweeting, and who is for real?

About 290,000 people follow Prime Minister Stephen Harper on Twitter, perhaps to read what he has to say about the country's affairs or to glean a little personal insight into what makes him tick.

Thing is, most of the messages that are sent from his account aren't really his.

Harper only "occasionally" sends out tweets himself, according to a spokesperson. Much like many other high-profile Twitter users, most of the short-form messages that appear under Harper's name and avatar are actually crafted by ghost-tweeters charged to work social media on his behalf.

"I assume if it's an institutional individual — if it's a CEO, if it's a big personality, a singer, or it's a politician — then they are not doing it themselves," said Greg Elmer, director of the Infoscape Research Lab at Ryerson University studying social media. "It's another example of public relations, it's professionally managed communications."

It's tough to know whose tweets to trust. Sure, there's Twitter's official verified stamp of approval, letting users know the account isn't run by an imposter, but that doesn't confirm who actually writes the tweets.

Elmer said reporters and editors should take a harder line on confirming who actually wrote a tweet if they plan to attribute words to someone.

THE CANADIAN PRESS

Prime Minister Stephen Harper looks into the crowd during a press conference in Montreal Monday. If you thought all Harper's tweets were written by the man himself, well, they're not. THE CANADIAN PRESS

Quoted

"Obviously with some tweets you can sort of gauge if it's a staffer writing it in a very formal way ... but you never really know."

Social media consultant Andrew Escobar

Russia

Court won't defer sentence for Pussy Riot member

A Russian court has turned down an attempt by an imprisoned Pussy Riot band member to defer serving her sentence for hooliganism until her preschool son becomes a teenager.

Maria Alekhina asked the court in Berezniki, a Urals Mountain city near her prison, to let her serve the rest of her two-year sentence after her five-year-old son turns 14. She argued that separation from her young child now would do irreparable psychological damage to him.

Alekhina and two other female members of the punk band were convicted last year of hooliganism motivated by religious hatred for an anti-Vladimir Putin protest in Russia's main cathedral.

THE ASSOCIATED PRESS

Meet the grandaddy of cosmic structures

Startling discovery.
Massive quasar group pokes holes in Einstein's Cosmological Principle, which says that the universe is symmetrical

This gigantic structure, which scientists have named Huge-LQG, is a never-before seen cluster of 73 quasars. UNIVERSITY OF LANCASHIRE

An international team of astronomers has found the largest structure ever in the universe.

The large quasar group is so big, it would take four billion years to cross it, travelling at the speed of light. By comparison, it would take just 2.5 million light years to get to the Andromeda Galaxy, our closest neighbour in the universe.

A staggering leap in size isn't the only piece of cosmic lore the discovery has shattered, however.

"The structure we found is a few per cent, say five per cent, of the size of the observable universe. It becomes hard to say the universe is uniform," lead author Dr. Roger Clowes of the University of Lancashire told Torstar News Service.

The modern theory known as the Cosmological Principle, the work of Albert Einstein, says the universe is symmetrical: the same in all directions.

"Ours is the most dramatic challenge to that," said Clowes.

What does that mean? It "upsets the foundation of everything we do."

Clinging to the Cosmological Principle "makes life a lot simpler mathematically, so people have stuck with it for a long time, although it's never been demonstrated beyond a reasonable doubt."

The discovery, published in the journal of the Royal Astronomical Society, doesn't punch holes in Einstein's other theory of relativity, he said. It does, however, raise the red flag that science has been simplifying that theory by assuming one half of the universe is the same as the other half.

Science believed the biggest thing in the universe should be no bigger than 370 megaparsecs (1.2 billion light years). This thing is three times that.

Astronomers "saw" the structure, named Huge-LQG, when the universe was five billion years old, which was nine billion years ago, said Clowes. Quasars typically last from 10 to 100 million years, a cosmic blip in time.

"There is a whole lot of universe beyond what we can actually see. We can only see what light has been able to travel in that time."

While the discovery is the biggest challenge yet to cosmic thinking, Clowes knows his fellow astronomers are a cautious bunch who will want to see more evidence. So his next step, he said, is to flesh out six more examples of massive structures that punch more holes in our idea of the universe.

TORSTAR NEWS SERVICE

What is it?

- Large quasar groups are supermassive black holes typically at the centre of galaxies.
- The gigantic structure spotted by Dr. Roger Clowes of the University of Lancashire, with work from astronomers at the University of Chile, the University of Oxford and California Institute of Technology, is a never-before seen cluster of 73 quasars.
- Clowes's earlier work in discovering large quasar groups has found structures "that have come close to challenging" the idea of a symmetrical universe. This one hits it out of the celestial ballpark. "We were very surprised, of course, because it was so big," said Clowes. "I sent the details over to my collaborator at the University of Chile and his response was 'What is that?'"

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Helicopter goes down on busy London street

Two dead. Pilot and a man on the ground killed after chopper collided with crane in foggy weather

A helicopter crashed into a crane and fell on a crowded street in central London during rush hour Wednesday, sending flames and smoke into the air. The pilot and one person on the ground were killed and 13 others injured, officials said.

The pilot had requested to divert to the nearby London Heliport because of bad weather, the site said in a statement.

The company identified the pilot as Peter Barnes, 50, whose career included flying in films such as Saving Private Ryan and Die Another Day.

"He was a very highly skilled pilot, one of the most experienced in the U.K., with over 12,000 flying hours," said Philip Amadeus, managing director of RotorMotion, a helicopter charter business.

Police identified the other fatality as 39-year-old Matthew Wood, from south London.

The crash unfolded at the height of the morning commute when thousands of pedestrians in the area were trying to get to work. The weather at the time was overcast and misty, with fog and poor visibility, according to the Met Office weather forecasting service.

William Belsey, 25, a landscape worker at the scene, said he heard the impact.

"Luckily the crane operator was late for work.... He picked a good day to be late," Belsey said.

THE ASSOCIATED PRESS

Sudden panic

"I was 100 per cent sure it was a terrorist attack."

Allen Crosbie, site manager for a landscaping firm working at the scene

The crash site in Vauxhall, south London. LEWIS WHYLD/THE ASSOCIATED PRESS

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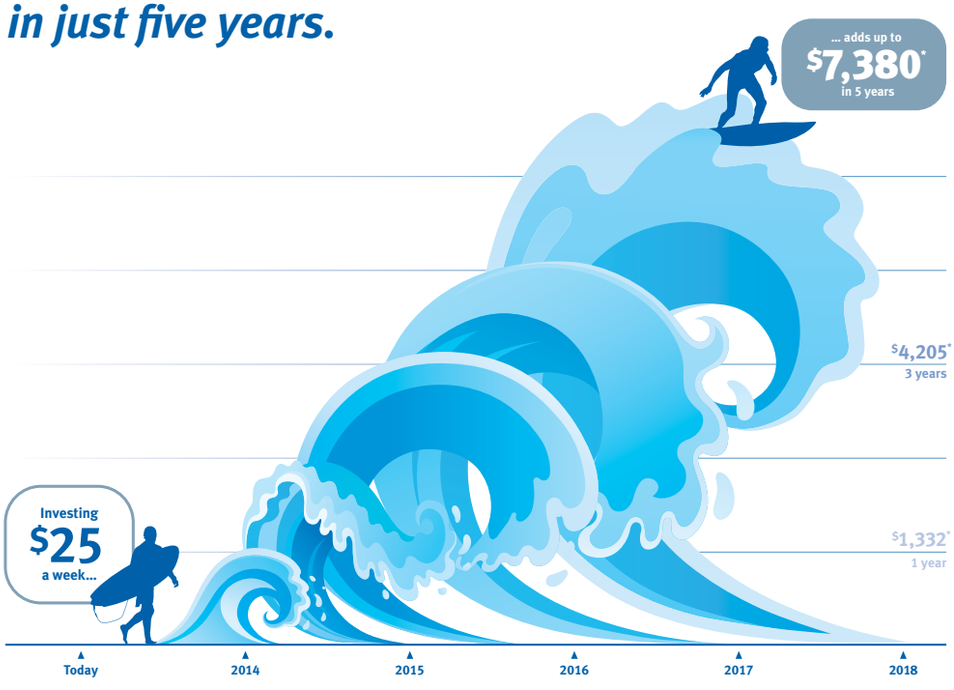

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Underestimated. Survey suggests energy-drink danger on the rise in U.S.

A new U.S. government survey suggests the number of people seeking emergency treatment after downing energy drinks has doubled in the last four years as the industry surged.

From 2007 to 2011, the government estimates the annual number of emergency-room visits shot up from about 10,000 to more than 20,000. Most involved teens or young adults, according to a survey released last week.

The report calls energy-drink consumption a "rising public health problem" that can cause insomnia, headache, fast heartbeat and seizures.

"A lot of people don't realize the strength of these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in Cleveland.

In 2011, about 42 per cent of the cases involved energy drinks in combination with alcohol or drugs, such as the stimulants Adderall or Ritalin.

"I saw one young man who had mixed energy drinks with alcohol.... He was so dehydrated he had renal failure," said Dr. Steve Sun of San Francisco.

Dr. Steve Sun has seen an increase in such cases in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

"Because he was young he did well ... but if another patient had had underlying coronary artery disease, it could have led to a heart attack."

The findings follow reports from last fall of 18 deaths possibly tied to the drinks — including a 14-year-old girl who died after drinking two large cans of Monster Energy.

Two senators are calling for the Food and Drug Administration to investigate safety concerns about energy drinks.

In 2011, sales volume for the drinks rose by almost 17 per cent, Beverage Digest found.

The industry says there is no proof linking its products to adverse reactions.

THE ASSOCIATED PRESS

Sex ed

Teacher banned from classrooms over porn history

A U.S. teacher fired after students learned she had appeared in pornographic movies has been told she can't return to the classroom.

A three-judge commission in California said unanimously that Stacie Halas can't teach again.

Halas' decision to "engage in pornography was incompatible with her responsibilities as a role model for students," district superintendent Jeff Chancer said in a statement.

THE ASSOCIATED PRESS

Poland

Man tried to name pub after rapist Josef Fritzl

Polish authorities have cancelled the lease for a cellar pub that was to be named after Josef Fritzl, an Austrian man serving a life sentence for locking his daughter in a basement, raping her and fathering her seven children.

A businessman had planned to open "Fritzl's Cellar" in Warsaw in what he described as a "publicity stunt."

The businessman could face up to one year in prison if convicted of public promotion of crime.

THE ASSOCIATED PRESS

France needs to borrow our plane a bit longer; could use some cash, too

Trouble in Mali.
French envoy says money is needed from Canada and others to support fight against Islamist extremists

Foreign Affairs Minister John Baird hosted a discussion about the situation in Mali Wednesday in Ottawa. The talks were with, from back right, Philippe Zeller, France's Ambassador to Canada, Traore Ami Diallo, Mali's Ambassador to Canada, and Goran Kouame, Ivory Coast's Ambassador to Canada. ADRIAN WYLD/THE CANADIAN PRESS

France is looking for financial backing from Canada and the world to support the international military mission in Mali, says the country's Canadian envoy.

Ambassador Philippe Zeller also said Canada's contribution of a C-17 military transport plane could be extended beyond the initial one-week commitment.

"It's possible that this plane, that came from Trenton to south of France, might be used for some more time," the envoy said Wednesday just after his president, Francois Hollande, spoke to Prime Minister Stephen Harper by telephone.

Harper's office made no mention of extending the C-17 mission in a statement about the telephone call.

Zeller told The Canadian Press that his country is grateful for Canada's contribution of a military transport plane to the Mali mission, but says money is needed to support the international force, which will eventually be buttressed by 2,500 French troops.

"Of course, it's up to Canada," Zeller said in a wide-ranging interview prior to his meeting Wednesday with Foreign Affairs Minister John Baird and the ambassadors from Mali and the Ivory Coast.

Ivory Coast President Alassane Ouattara is current chair of the Economic Community of West African States, a key regional bloc.

THE CANADIAN PRESS

On the ground

Militants try to blend in

French soldiers pressed north in Mali territory occupied by radical Islamists on Wednesday, launching a land assault that was to put them in direct combat with al-Qaida-linked fighters "in one to 72 hours," military officials said.

Their presumed destination was the town of Diabaly, where fleeing residents said Islamist extremists were melting into the population to avoid being targeted by the French.

"They have beards. And they wear boubous (a flowing robe). No one approaches them. Everyone is afraid," said Ibrahim Komnotogo, who was out of town when the militants seized Diabaly over the weekend.

THE ASSOCIATED PRESS

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Not-for-profit clinics

Ontario to move some surgeries out of hospitals: Health minister

Ontario is expanding specialized not-for-profit clinics to move more hip and knee surgeries, colonoscopies and other procedures out of hospitals.

Deb Matthews

Health Minister Deb Matthews announced Wednesday the government would build on the successes of the Kensington Clinic, which now performs eye operations, such as cataracts and cornea transplants. Services would continue to be covered by OHIP. **TORSTAR NEWS SERVICE**

Ontario

Guns, explosives seized in raids

Numerous people are facing charges after drug raids in several communities across southern Ontario on Wednesday morning.

Police say 21 search warrants were executed by tactical teams and drug investigators from several forces just after 6 a.m. Wednesday and that drugs, cash, guns, stolen property and explosives were seized.

The co-ordinated raids took place in Bruce County, Grey County, Kingston, Toronto, Waterloo Region and Wellington County. **THE CANADIAN PRESS**

Runaway pooch

U.S. Customs gives boy a new dog

An Ontario boy distraught since the family dog ran off during a U.S. customs check in Detroit is the proud owner of a new pooch.

The Detroit Free Press reports an agent with U.S. Customs and Border Protection delivered the new dog to nine-year-old Joseph Wilcken over the weekend.

The Waterloo family's previous dog, Ash, got loose Dec. 21 at the Ambassador Bridge.

Joseph's mother says the new dog — Coco — is the same kind of dog as Ash, a Jack Russell terrier and pug mix. **THE ASSOCIATED PRESS**

Mental Health Commission of Canada's Louise Bradley and Minister of Labour Lisa Raitt launch the new national Psychological Health and Safety in the Workplace standard in Toronto on Wednesday. With them are BCE's George Cope, Dr. David Goldbloom, Kenneth Georgetti and Michael Nixon.
CNW GROUP/BELL CANADA

Mental health and safety. Canada launches workplace standards

Canadian companies have a new tool to help create workplaces that promote mental health, reduce stress and support employees dealing with mental illness.

The National Standard of Canada for Psychological Health and Safety in the Workplace announced Wednesday a voluntary set of guidelines to help organizations of all sizes, said Louise Bradley, president and CEO of the Mental Health Commission of Canada.

Bradley noted at a news conference that one in five Canadians are coping with mental health problems, and most are in their working years. So reducing stigma in the workplace and ensuring there are policies to support those workers is critical.

Mental illness is also one of the top reasons for short-term and long-term disability, accounting for about 30 per cent of claims in Canada, according to the commission.

The standard offers a framework to help companies identify potential hazards to mental health and where they can improve policies and practices. **TORSTAR NEWS SERVICE**

Canadian brands. Banks ranked as most valuable

Canadian banks continue to come out on top as the country's most valuable brands while energy and resource companies saw a notable decline in the last year, according to Brand Finance Canada.

The list released Wednesday, which analyzed brand performance of Canadian companies as of Jan. 1, named the Toronto-Dominion Bank as the most valuable brand in Canada with a worth of $10.4 billion.

It attributed TD Bank's work to establish itself in the U.S. market as a reason for its surge over last year's most valuable brand, the Royal Bank of Canada.

RBC, Scotiabank, Bank of Montreal, and Bell rounded out the top five most valuable brands in the ranking, growing 19 per in value year over year due to growth in international markets.

In general, Brand Finance says the top 50 Canadian brands saw a combined value increase of six per cent to $126.4 billion from $119 billion compared with 2012.

But it wasn't all good news for the value of Canadian brands.

Nearly half of the companies on the list saw their brand value drop, with energy and mining companies leading the pack — down 14 per cent year-over-year.

Brand Finance says its ranking showed that Enbridge saw a significant decline of $550 million in its brand value, partly due to the company's controversial Northern Gateway project and its current pipeline projects in the U.S.

The list also noted that Research in Motion's BlackBerry brand dropped off the top 10 list this year, declining 38 per cent in value to $2.04 billion. **THE CANADIAN PRESS**

Some who made the list

- The ranking also signalled growth in value in Canada's retail brands, including gains from Dollarama, Circle K by Alimentation Couche-Tard, Tim Horton's, Lululemon and clothing manufacturer Gildan.
- It also noted that real estate management firms Ivanhoe Cambridge and Cadillac Fairview made it onto the list this year.

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COMPENSATION PROVIDED
(Participants will also receive a complimentary picture of their brain scan)

FOR MORE INFORMATION, PLEASE CALL:
(416) 535-8501 *EXT. 6149*

camh Centre for Addiction and Mental Health Centre de toxicomanie et de santé mentale

Losing weight the Twitter way.
GETTY IMAGES

Research suggests Twitter can help dieters

Researchers have stumbled upon a possible health benefit: Twitter might help you lose weight.

A new study from the University of South Carolina's Arnold School of Public Health suggests the popular website can morph into a support group in real life, one that helps dieters stick to their regimens.

The study, published this week in Translational Behavioral Medicine, tracked 96 obese participants over a six-month period. According to a story on the university's website, every 10 posts on Twitter corresponded to about a 0.5 per cent drop in body weight. **TORSTAR NEWS SERVICE**

Cirque du Soleil to lay off 400 staff

Blame the loonie.
Cirque says they had a record year, but no profit due in part to production costs

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du Soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing.

"The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight.

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more than $1 billion."

Despite that, Cirque didn't make money, Ménard said.

She said the powerful loonie hit Cirque hard in that its profit is affected by nearly $3 million for each cent the currency gains against the U.S. dollar.

The layoffs will begin by the end of this month and continue until the end of March.

Cirque employs about 5,000 people worldwide, including 2,000 in Montreal.

It still has 19 productions being presented worldwide and is currently working on a new show that will open in May in Las Vegas. THE CANADIAN PRESS

Market Minute

DOLLAR 101.41¢ (-0.21¢)

TSX 12,608.82 (-33.15)

OIL $94.24 US (+96¢)

GOLD $1,683.20 US (-70¢)

Natural gas: $3.44 US (-2¢)
Dow Jones: 13,511.23 (-23.66)

Employment

Applicants with disabilities overlooked: Panel

Many companies struggling to find the right employees are overlooking a talented pool of disabled workers, a government-commissioned panel has found.

The group found that almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

The panel of private-sector employers was assembled by the federal government last summer and was asked to figure out how to better match job openings with the skills of workers with disabilities.

Their report says that when companies hire people with disabilities, no special accommodation is required in 57 per cent of cases. When arrangements are necessary, the average cost to the company is just $500. THE CANADIAN PRESS

Safety concerns

Boeing 787s grounded

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries. For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787.

Almost half of the 787s that had been delivered had been grounded for safety checks. The latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought. THE ASSOCIATED PRESS

All Nippon Airways made an emergency landing Wednesday in Japan. KYODO NEWS/THE ASSOCIATED PRESS

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GET YOUR FLU SHOT, JACKASS

HE SAYS... John Mazerolle metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

Take one for the team

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.

Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES

A storm is a-brewin'

DAIMLER AG/CONTRIBUTED

Man-made weather

Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. METRO

Artificial tornadoes

Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVEtec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. METRO

Faking it

Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

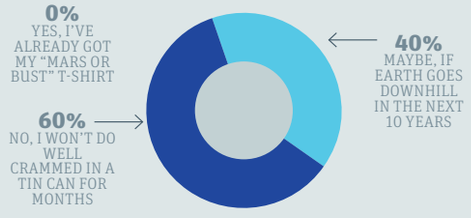
Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be applying for a one-way trip to Mars in 2023 with the Mars One project?


0%
YES, I'VE ALREADY GOT MY "MARS OR BUST" T-SHIRT
60%
NO, I WON'T DO WELL CRAMMED IN A TIN CAN FOR MONTHS
40%
MAYBE, IF EARTH GOES DOWNHILL IN THE NEXT 10 YEARS

Twitter

@sarahangeles_: What kind of person brings a handgun to school? What is wrong with you

@datachick: Why, yes, of course it's the UN causing Obama to take away all your guns. And the libruls. And the gayez. Yup, thank you FB.

@ChrisNovaHA: The blockades of roads seems to be polarizing the debate, more then helping the cause... which is unfortunate. #IdleNoMore #buildingracism

@Sattva01: Considering #Toronto Left consider@TOMayorFord and his team dumb, how dumb are Left given they've been outsmarted by Ford? #topoli

@melcpj: Cop takedowns are only excitement that happens @ Jane & Wilson. Oh & casino buses too lol#Toronto

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Hit the malls, see some art

Pattison OneStop.
Video screen company teams up with textile artists for latest Art in Transit series

Details

Art In Transit — Hard Twist: Greatest Hits — Malls across the GTA. To Jan. 27. artintransit.ca.

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Art's public coming out party just got a new venue: the local mall. Few would consider that cathedral to commercialism, the local shopping centre, a place to seek out new creative works. But that notion is being challenged by Pattison OneStop, the company that owns the video screens in the subway and many of Toronto's malls.

Teaming with textile artists Keiley Stewart, who created a series of felt animal heads, and Andrea Vander Kooij, who knitted garments meant to be worn by two people at once, the company's arts programmer and curator Sharon Switzer found unique kindred spirits for the latest edition of its Art in Transit series.

Although their work isn't anything you'd typically find in a store, she says, it's still wearable art based on items that would be.

The program is nothing new to TTC riders. The company, under the stewardship of Switzer, has put various media on its screens since 2007. "Urban screens are here to stay whether you like them or not," says Switzer. "This is a chance to put out cultural content."

Of course fiber art is a tactile medium, one that doesn't naturally lend itself to video screens. So Switzer turned to Helena Frei and Chris Mitchell, curators of Hard Twist, the annual wearable art exhibition at the Gladstone, to find a pair of artists whose work would best suit the medium.

Digital photos of people wearing the masks accompanied Stewart's animal heads.

"Everybody can relate an animal to a certain trait," she says. Lions, for example, are associated with bravery or cowardice. It's me in all the photos wearing the mask, playing out my insecurities."

Vander Kooij and her husband were similarly photographed wearing a two-headed balaclava and a one-handed, 10-fingered glove allowing couples to hold hands. The results can be found on screens across the city.

Both artists acknowledge that many shoppers won't connect with their work.

But the chance to show off their efforts on more than 300 screens in 42 malls across the country was too large of a platform to pass up. "The digital images are a great way to introduce people to (my work)," says Stewart.

"It's so great to bring artwork out of galleries," says Vander Kooij. "Even if people just think, 'Oh weird,' whatever reaction people have is valid."

Quoted

"Urban screens are here to stay whether you like them or not. ... This is a chance to put out cultural content."

Sharon Switzer, Pattison OneStop arts programmer

Keiley Stewart dons a lion's head for art. SUPPLIED

The Silver Lining and Hunger for fame

Interview. Jennifer Lawrence speaks to Metro about adjusting to the limelight and how she has managed to stay grounded

NED EHRBAR
Metro World News

Actress Jennifer Lawrence is a Golden Globe winner and Oscar nominee. CHRISTOPHER POLK/GETTY IMAGES

Talking to Golden Globe winner and Oscar nominee Jennifer Lawrence is always a treat, as she's the rare young actress who talks frankly and honestly about whatever she feels like without a hint of media training.

Here are some pearls of wisdom from our latest chat with the Silver Linings Playbook and Hunger Games star.

On adjusting to stardom

I feel so bad for Emma Stone, because she's where I was a few months ago. When it first happens, it's horrible because your entire life flips upside down and the entire planet starts treating you differently, and it's really hard to adjust and get used to, but then you get through it. People told me that it would come in waves, and they were right.

I texted Emma yesterday and I was like, "I'm walking down Rodeo Drive. Nothing!" And she was like, "The audacity!" (laughs). But yeah, there are bad days and there are good days.

On what she's learned from Bradley Cooper

He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane. I had to say goodbye to Whole Foods. It's fine, I can get friends to get my groceries. I dipped my foot in the water and I was like, "You know what, you buy me groceries. I don't want Whole Foods to call the police again."

On trying to gain weight for Silver Linings Playbook

I was supposed to, but I was also dancing two hours a day. I kept trying to explain that to (director) David (O. Russell), because he was like, "You're not getting fatter." I had a Philly cheesesteak I think every day. They're on every street corner and they're delicious. And then at the end when I finally slowed down the dancing, it was like, "Yeah, I'm looking pretty good, right? Look at this." And then David's like, "Yeah, you're going to be in a tube top."

On trying to stay grounded

I still want the same life that I grew up with. I still want a family, a normal family. I will have to make a couple of adjustments (because of my career). I'm at peace with myself because I think that maybe not having to deal with years of rejection at such a young age — I think that could definitely be damaging.

I can't imagine letting my young child go through something like that. There were times when I was doing a movie once that was really emotionally hard for me.

What she wore and where

70th Annual Golden Globe Awards
Christian Dior Couture

Los Angeles Film Critics Awards
Valentino Couture

13th Annual AFI Awards
Prabal Gurung

18th Annual Critics' Choice
Prabal Gurung

ALL PHOTOS GETTY IMAGES

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I IX VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCM-LXXV."

Justin Bieber. ALL IMAGES GETTY

Lindsay Lohan

Lohan 'caused $50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many cigarette burns, they had to change all the carpets. She did at least $50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

The Word

Prince Harry named world's most eligible bachelor

He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

Twitter

@ElizabethHurley
Oh Lord, the rain.....

@ricky_martin
No matter how baddass you are, if a child hands you a plastic phone, you answer it

@ladygaga
So proud of @justinbieber and all the Beliebers! I'm only happy to see your fans growing in size, you all deserve it! Monsters support you!

@SteveMartinToGo
I'm tired, yet I still tweet

Elton John and David Furnish.

Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to have children, but the reality that we now have two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

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ANNASOPHIA

In The Carrie Diaries, the television prequel to Sex and the City, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes.

STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA McGUINNESS
life@metronews.ca

On putting the makeup on ... and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

'80s makeup — yay or nay?

"Eighties makeup was just a bunch of colours and crazy neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look warm. Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for Sex and the City. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel The Carrie Diaries. He talks about how he created the wardrobe for her teenage, 1980s life in The Carrie Diaries.

The wardrobe was such an important part of Sex and the City, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was actually quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carries — Sarah Jessica Parker and AnnaSophia Robb. How do they differ in their approach to her fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

ROMINA MCGUINNESS/METRO

Carrie's keepsakes

Carrie was known for that name plate necklace and her Manolos. What are some of the key accessories and clothing items you're using on the show right now?

- "A personalized Carrie bag from Mark Cross, a "C" initial pendant from Alex Woo and a black polka dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in New York."

Eric Daman is also known for styling the cast of Gossip Girl. PROVIDED

Take a peek inside of AnnaSophia's makeup bag

L'Occitane

Rose 4 Reines velvet hand cream
"My hands are always so dry. I love this cream."
$22, loccitane.com

Pangea Organics

Pyrenees Lavender with Cardamom lip balm
"My best friend turned me on to this one."
$12, pangeaorganics.com

L'Oreal

Mascara and stand brush
"This one is awesome because you can cover your entire lash without it getting clunky."
$22, loreal.com

Lavanila

The Healthy Roller Ball Pure Vanilla
$19, lavanila.com
"I wear lots of different scents. Right now it's Signorina by Salvatore Ferragamo and Covet by Sarah Jessica Parker. But I usually carry roll-on perfume — just in case. My Lavanila stays on and smells holiday-esque."

Bare Minerals

Original SPF 15 Foundation
"I don't like wearing makeup on my face. But when I do, I don't want anything heavy so I use powder foundation."
$27, bareescentuals.com

The Kit

Canadian street style

Spotted in: Vancouver

Yanna Anne
Store manager
Age: 24

What she's wearing
Gucci scarf, H&M coat, Topshop leggings, Aldo bag and Zara shoes.

Her inspiration
"I'm just on my way to work, so my inspiration is a mixture of comfort and classic style."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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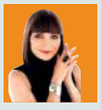

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: At Ice Galaxy in Scarborough with skater @PiperGilles who's competing in the Nat'l Championships

Natalie knows best

What to wear?
From carefully inspecting your closet to managing your moola, stylist Natalie Decleve dishes out her sweetest style tips

TINA CHADHA
life@metronews.ca

Whether she's hunting for the perfect cropped blazer for one of her clients or scouting the latest and greatest for her fashion blog, Natalie Decleve is constantly shopping. Here, the stylist gives us her tips on building the perfect wardrobe.

Identify what's missing
"It's really important to take a look at what you have in your wardrobe and what you don't like and why. People say, 'I open my closet and I have nothing to wear.' Then they go shopping and buy more of the same stuff. The first step is to identify what's missing and what would make your life easier getting dressed in the morning."

Natalie Declave: The important thing with sales is to think, 'Would I buy this if it was not on sale?'
GETTY IMAGES

Study style
"Look at inspiration photos on street style blogs. But don't just say, 'I love that girl's outfit.' Well, why do you love it? Do you like the way she put things together or do you love a specific item?"

Shop for your body type
"Be aware of your strengths and weaknesses. If you have a tiny waist, why not show it off? If you have short legs, make them look longer by wearing high-waisted things. If you have broad shoulders, you can do a halter neck top to make them appear less wide. If you have a body part that you would like to draw less attention to, wearing dark colours and avoiding prints will detract the eye from that area."

When to pay full price
"Pay full-price when an item is exactly what you're looking for and it's something that's hard to find. So if you see an incredible coat, and you've been looking for a coat just like it, and you're not going to have time to comb discount sites, by all means get it because otherwise it will haunt your dreams."

Buy that cocktail dress
"If you find a cocktail dress that you love and it's a perfect fit and a great price — even if you don't need it at that moment — it's a good idea to get it. It's worse when you have an event like a wedding and you can't find a dress. Then you're spending hours looking for one."

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Forget stews, how about cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

This recipe serves four. THE CANADIAN PRESS H/O

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling. Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted.

BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS

Turkey Chili. Serve with rice or mashed potatoes

1. In slow cooker stoneware, combine all of ingredients except for the garnishes. Cook on high for 4 to 6 hours or on low for 8 to 10 hours, depending on your schedule.

2. Open lid for last 45 minutes of cooking to thicken, if desired. Mash squash with the back of a wooden spoon for additional thickening.

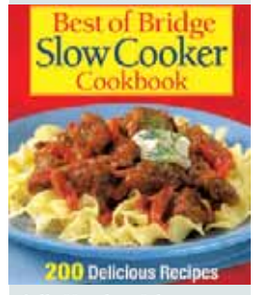
THE CANADIAN PRESS/CROCK-POT

Ingredients

- 1 onion, carrot and celery stalk, chopped
- 500 ml (2 cups) each of chopped cored apples and diced butternut squash
- 4 cloves garlic, finely chopped
- 500 g (1 lb) ground turkey, cooked
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) ground cumin
- 5 ml (1 tsp) dried oregano
- 1 ml (1/4 tsp) each salt and freshly ground pepper
- 1 can (284 ml/10 oz) undiluted chicken broth
- 1 can (400 ml) light coconut milk
- 30 ml (2 tbsp) tomato paste
- 250 ml (1 cup) canned black beans, drained and rinsed
- Coconut flakes and cilantro, for garnish

Cookbook of the Week

Slow it right down



Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood pot-luck to elegant appetizers, breakfast and brunch ideas to delectable desserts.

The recipes are categorized into: All-Day Breakfast; Nibbles, Dips and Drinks; Soups, Beef and Veal, Pork and Lamb, Chicken and Turkey, Meatless Mains, Sides and Accompaniments and Desserts. METRO

Ten York condominiums have released 665 suits to date. SUBMITTED

Ten York condos

Meet the condo

- **What.** Ten York condominiums
- **Builder.** Tridel
- **Location.** 10 York Street
- **Website.** tridel.com
- **Sizes.** From 582 to 3,858 sq. ft.
- **Pricing.** From $372,500 to $2,530,000

The project overview

Located in the desirable Harbourfront neighbourhood and bounded by the financial district, this new condominium project by Wallman Architects and Tridel Developments is comprised of a 65-storey tower with 665 suites released to date. The building is slated for completion in the summer of 2017.

Location and transit

Right at the foot of the financial district and close to the waterfront, Ten York is steps from Toronto's Union Station, with TTC subways, GO transit service and VIA rail. Commuters are adjacent to the Gardiner Expressway and the downtown core is a short walk away.

In the neighbourhood

Within easy walking distance of some of the best that Toronto has to offer, located in the heart of Canada's sports and entertainment district. Lots to do along Queen's Quay, with Harbourfront, restaurants, parks and the Toronto Island ferries.

Building amenities

Lots to offer here: concierge service, a lobby lounge, fitness centre with fully-equipped spin and yoga studios. There's a billiards room, a theatre room, a party room and guest suites. The Shore Club spa pool has separate men's and women's saunas.

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BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

Being the voice of the building, development and renovation industry in the GTA means finding as many avenues as possible to help tell our story.

Today, I'm happy to announce that BILD's voice can now be heard on the Real Estate Talk Show every Saturday at 6 p.m. by tuning to AM640.

The show will cover hot topics in the industry so that you can get your news straight from the source. This is a great way for you to learn what BILD does for homeowners, homebuyers and how the industry is working for you.

The plan is to have industry experts, municipal mayors and councillors and chief economists on the show.

My weekly columns and the news out of our industry will also inform the hot topics. As well, once a month, BILD will send a member to the studio so that they can chat with the hosts and bring their industry perspective to the listeners.

To kick things off, I went to the studios inside the Corus Quay building on Queens Quay Boulevard earlier this week for an in-studio interview with the hosts of the show, Simon Giannini and Erin McCoy.

Throughout the year, you'll hear BILD members talking about the latest number of condominium projects in the pipeline and the boost it brings to the region and province's economy.

We'll also have members on the air to tell you about the work we're doing with our partners in government to bring you more ground-related housing.

Right now, there isn't a lot of choice out there and it's because the land has been constrained by provincial policy — but we're working toward change and we'll make sure to bring you the latest information on that and much more.

Like most radio stations, this one will have the podcasts available for download on their website and we'll be sending them out to our members and over our social media feeds too.

This is an opportunity to hear it right from the source. We want to tell our industry's stories, debunk myths and set the record straight. I hope you'll tune in and listen.

What's hot on the condo market

DUNCAN MCALLISTER

1. Vaughan

Grand Opening: Phase III, Vaughan Valley Estates. European-styled detached and town homes. Sales centre open at Major MacKenzie Drive on Weston Road.

CONTACT: CALL 905-660-8805 OR VISIT VAUGHANVALLEYESTATES.COM

2. Yorkville

Open House: Condo resale in the heart of Yorkville, two-storey loft, two bedrooms, two baths, 80 Cumberland St., Jan. 19-20 from 2 to 4 p.m.

CONTACT: CALL 905-831-3300

3. Woodbridge

Now Open: Model suite at Centro Square condos in the heart of Woodbridge. Sales office now open at 7777 Weston Road and Highway 7.

CONTACT: CALL 905-851-8877 OR VISIT CENTROSQUARE.CA

4. Upper beaches

Open House: Upper Beaches boutique condo, two units available with terraces, 200 Woodbine Ave., Jan. 19 from 12 to 4 p.m.

CONTACT: CALL 416-699-9292

This year's evil green decor trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over the last year.

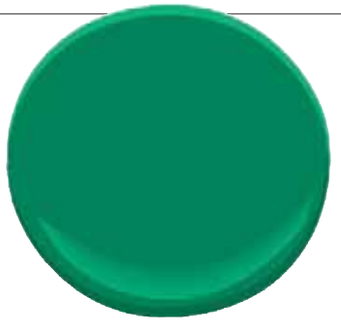
This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throw-back to the glamourous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the rest, I say do not get caught up in the hoopla-ha of it all. In about 300 days there will a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

Use it as the single colour in the room (mixed with an all-over neutral)
Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with bold uses of this rich green colour.

Go big and make everything emerald green
From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

Use it as a little spark of colour
Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.



Vibrant green walls look great when punctuated with fresh white or dramatic black. **Emerald Isle from Benjamin Moore Paint**

Emerald upholstery is a commitment best left to disposable slipcovers. **Photo: Supplied**

Ottoman Yama Patchwork Rug, $15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours. **eCarpetGallery.com**

Siirtolapuutarha Cushion, $59

A dash of green is the best way to implement this year's colour into your existing decor scheme. **EQ3.com**

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Learn to avoid pesticides

What are the dirty dozen and the clean 15?
-Jen, Port Moody, B.C.

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The dirty dozen and the clean 15 refer respectively to the fruits and vegetables that are the most and least contaminated by pesticide use, according to the Environmental Working Group.

Why do we care?
Pesticides are toxic by design. Different pesticides have been linked to a variety of health problems, including hormone disruption, cancer and brain toxicity.

But for most people, switching to organic produce is a gradual process. Because organic foods tend to be more expensive than their counterparts, making informed choices in the produce aisle helps minimize pesticide consumption while keeping the budget in check.

Should you avoid the dirty dozen?
Absolutely not! Fresh fruits and vegetables are always a healthier choice than processed foods. Besides, non-organic processed foods are sure to contain a slough of chemicals too. Instead, let the guide dictate your allocation of organic verses non-organic purchases.

Apples top the list of most likely to be contaminated by pesticide. ISTOCK IMAGES

Why eat organic food?
All of this opens up a bigger discussion about the choice to eat organic food — and the reasons that not everyone does. Often, the decision comes down to bottom line.

Non-organic foods cost less money. But there are other costs — hidden costs — that have to be considered too. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals. Also included are tangible variables, like the government subsidization of industrial agriculture and our relative comfort (or discomfort) with foreign investment in commercial Canadian agriculture.

There are also ways to offset the increased out-of-pocket expense incurred by prioritizing organic foods.

Committing to cooking whole foods from scratch can largely counteract the cost of organic food purchases.

Change takes time. The dirty dozen and clean 15 lists are a resource to help you make the best choices for your health and for the earth, whatever your current budget or state of greenness.

Contamination list

The Dirty Dozen (in order of contamination):

Apples
Celery
Sweet bell peppers
Peaches
Strawberries
Nectarines
Grapes
Spinach
Lettuce
Cucumbers
Blueberries
Potatoes

The Clean 15 (in order of least contamination):

Onions
Sweet corn
Pineapples
Avocado
Cabbage
Sweet peas
Asparagus
Mangoes
Eggplant
Kiwi
Cantaloupe
Sweet potatoes
Grapefruit
Watermelon
Mushrooms

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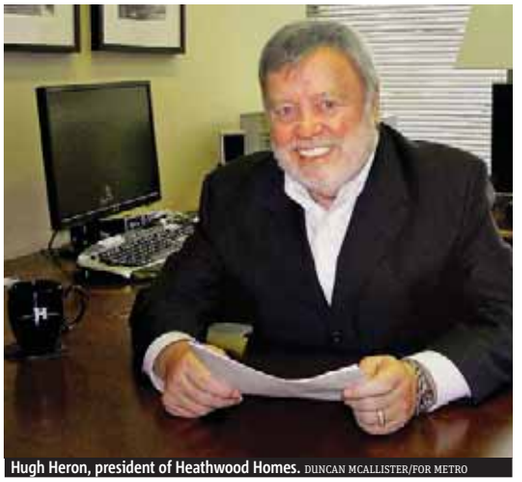
Emerging trends from Toronto's housing guru

Condo trends. Hugh Heron talks interest rates, Toronto's growth and condos as the new starter home

CONDO TRENDS
Duncan McAllister
life@metronews.ca



Hugh Heron, president of Heathwood Homes. DUNCAN MCALLISTER/FOR METRO

As we begin yet another new year, many people are uncertain about the future of Toronto's real estate market. Metro visits veteran housing guru Hugh Heron at his Don Mills offices to discuss the emerging trends.

Mr. Heron is no stranger to the GTA markets and is recognized as the senior spokesman within the Canadian housing sector.

For over 30 years, he has served in leadership roles at some of the industry's most important institutions: former chair of the Ontario New Home Warranty Program; past president of both the Greater Toronto and Ontario Home Builders' Associations; and a former senior board member of Canada Mortgage and Housing.

As president of Heathwood Homes and Heron Homes, he specializes in low-rise developments across the GTA.

For the doomsayers out there, Heron reminds us that we're in a cyclical business and we've experienced a very strong market for a long time. He points to the number of new residents arriving in Toronto each year.

"I've been through at least three recessions since I got to Canada in 1967 and I think each time we hear about what's going to happen with real estate, I'm inclined to go back to the numbers that people are telling me, that there's 100,000 people coming to Toronto every year."

Quoted

"...I quite frankly, see a lot of the people in the downtown marketplace moving out of there to the GTA, and they'll go to the Markhams and the Richmond Hills for affordability, for their children."

Hugh Heron, president of Heathwood Homes

As far as rising interest rates, he doesn't anticipate a repeat of the '80s.

"There's nothing out there at the moment that I see with low rates, that's going to get us into something that happened in 1981 or 1982. We're also sophisticated now with numbers, and the numbers are available to everybody. I think that anybody who wants to buy a house today, someone's looking after them in the financial business."

Heron says the high cost of low-rise is due to a shortage of available land.

"The single-family market at the moment is pretty soft, and it's soft because of Places to Grow, where in 2006, the Liberal government came in and said we're going to have 40 per cent intensification in the GTA. The regions disagreed with it and as a result of that, they're all at the OMB, and here we are six years later. There's not a lot of inventory coming on the single-family homes, so the single-family homes have been driven up in prices again because there's no land available."

Heron sees a shift to the 905 with condos being the new starter homes.

"When I first came to Canada, people said if you want to get into the real estate market Hugh, get in wherever you can. Get into a townhouse then move to a semi-detached and then move to a house and work your way up. So now the low-rise condominiums have taken the place of that townhouse we talked about 30 or 40 years ago. So I quite frankly, see a lot of the people in the downtown marketplace moving out of there to the GTA, and they'll go to the Markhams and the Richmond Hills for affordability, for their children."

Condo rules

Keeping pets in your condo

for my pet. Is there anything I can do?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

I have a large dog that is my favourite and constant companion. I recently purchased a condo and asked my real estate agent if that would be a problem. I was assured that it would not be so. Upon moving in, I was informed by the property manager that there were restrictions on the size of animals and my dog was too big for the building according to the rules and regulations of the condo. I am now faced with having to find a new home

Unfortunately, condo boards have the ability to enforce all sorts of rules and regulations and one of them is the size and type of pets.

Many buildings have size and or weight restrictions because you are travelling in elevators and down hallways with other owners who may not be comfortable around larger animals.

At this present point, you have no choice but to comply with the request unless you can convince the board of directors to make an exception or to change the rule. This is unlikely. If you are the owner of a large dog or a unique pet (such as a loud parrot) it is imperative that you enquire more deeply with your solicitor and/or the condo management as to restrictions that may adversely affect you and your loving companions.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca

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metro
WEDDING PLANNER
Thursday, January 17, 2013

Mikaella Bridal all lace gown. MIKAELLA BRIDAL PHOTO

Paloma Blanca illusion neckline gown. PALOMA BLANCA PHOTO

Iconic white dress

Styles of 2013 wedding gowns draw on traditional shapes and fabrics

STEPHANIE ORFORD
For Metro

The bride in a white dress is an icon in our culture. Though the wedding may be a very public affair, the dress is a very personal decision. Luckily, there are styles out there to suit every taste.

Mikaella Bridal all lace keyhole back gown. MIKAELLA BRIDAL PHOTO

"We really grow the styles from season to season," says Penina Levinson, fashion coordinator at Paloma Blanca, a Toronto-based wedding gown design house, and its sister line Mikaella Bridal.

The styles of 2013 draw on traditional shapes and fabrics.

Lace

This intricate fabric is hip again, lending subtle pattern and texture to this year's wedding gowns. At once concealing and revealing, lace can be used in many ways.

Levinson cites ways to update the look of traditional lace, such as lining it with a different colour to make the lace pattern "pop out."

Paloma Blanca gowns this season use lace in several different ways. On a fitted gown with a sweetheart neckline, lace draws attention to the body's curves. A dress with a ruched lace bodice defines the waist with a ribbon.

Many of Paloma Blanca's veils and boleros have lace edging that complement the dress.

Ruffles

Paloma Blanca has incorporated ruffles into its dresses since 2010, "but they've been redeveloped every season," says Levinson. In 2013, a loose, lightweight ruffle adds volume to skirts, combining with curve-hugging bodices and waist-defining ribbons to create a feminine silhouette.

"You have kind of your classic ball gown in the shape, but it's a little more fun and flirty and young," Levinson says.

Peplum

Currently cropping up in casual dresses, shirts and jackets for women, the peplum has made its way into bridal fashion, "for a fashion forward bride," Levinson says. The style creates a flare outward from the waist to the hip.

"It makes your waist look tiny," Levinson says.

People can be intimidated by the bold style, she says, "but once they try it on it looks really good on."

The Paloma Blanca peplum gown.

Keyhole Backs

This dress style provides an elegant way to balance out covered shoulders by revealing something else — the back. In a keyhole back, sheer shoulder coverings button at the top of the back and open up in a window below.

"If somebody wanted a little coverage for the ceremony, this is an interesting way to be able to do it," Levinson says.

Regardless of the style, a wedding gown should always fit snugly, especially if it's strapless, Levinson advises. "But most of all a dress should make the bride feel beautiful and like a queen."

Paloma Blanca all-lace gown. Lace is hip again, lending subtle pattern and texture to this year's wedding gowns.

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STEPHANIE ORFORD
For Metro

Barefoot wedding vows on a tropical beach. Sound ideal? A destination wedding can be a romantic getaway, but getting hitched in your hometown can be just as sublime, according to Mary Swaffield, president and lead wedding planner at Lavish Weddings, based in Calgary.

Each type of wedding has its own challenges.

Destination weddings

A getaway wedding is a fabulous escape. Add to that the breathtaking scenery and fun local décor, food and drinks, and you have yourself a pretty memorable party.

A destination wedding can be less expensive for the happy couple than a hometown wedding, but there may be strings attached, says Swaffield. In-house wedding planners at resorts aren't paid directly by the wedding party. Instead, they earn commission from the resort.

This means that guests can end up paying a lot more at a resort than they would at a hometown wedding, Swaffield says.

When it comes to decor, food, and entertainment, all-inclusive resorts tend to offer all-inclusive weddings with a limited range of choices. This can save the couple stress, but it can also be a little cookie-cutter.

Swaffield advises finding external vendors and venues to provide a better range of choice and better deals.

Hometown weddings

There's enough unpredictability (and excitement) at any wedding without the added complications of long-distance planning, travel and language barriers that a destination wedding can bring, Swaffield says.

Getting married in your hometown also allows for a longer guest list, which prevents the hurt feelings that happen when potential guests don't make the short list, as tends to happen with destination weddings, Swaffield says.

Whether you want to get married on a tropical beach or get hitched in your hometown, each type has its own challenges. ISTOCKPHOTO/THINKSTOCK

The challenge of more guests is a larger-scale event — a larger venue and more food, drinks and party favours. Thankfully, in your hometown there's often a greater range of options at many price points.

But make sure you plan well ahead of time.

"People struggle really hard to find great venues," Swaffield says, adding that good locations book up 12 to 18 months in advance. Keeping the guest list to less than 150 and choosing a non-Saturday for the event will help, too, she says.

Whether you choose a destination or a hometown wedding, planning ahead is key to minimizing stress and making the most of your special day.

Six truths about your wedding day

KATE DRUMMOND
2 For Couples

You can look at countless wedding photos online, but it's hard to know what to expect for your own wedding until the glorious day arrives and you are actually experiencing it.

Here are six helpful truths about your wedding day that you won't learn from the pretty pics on Pinterest.

1 You Won't Get Much Sleep The Night Before. Nerves and off-the-charts giddiness will leave you tossing and turning the night before your wedding and you will likely wake up before sunrise. You will need some sleep, so skip the post-rehearsal dinner drinks with your friends and head to bed.

2 You Will Need A Nice Hanger For Your Gown. Your photographer will want shots of your gown before you step into it and there's no way a cheap wire hanger from the dry cleaners will do.

3 Your Dress Will Get Dirty. This truth is hard to swallow, but the bottom of your pristine gown will get dirty and possibly even damaged after a day of walking outside, posing for photos and dancing. Try to keep it as clean as possible before the photos and ceremony.

4 You Will Cry (At Least Once). But they will be happy tears. With so many special moments between you and your sweetie and the overall significance of the day, you will likely cry at least once.

5 You Won't Believe How Quickly It Goes By. Your big day is here. So be present, enjoy all of the love-filled moments, gush over the beautiful cake and decor details, smile lots and soak up that magical feeling.

6 You Will Be Overwhelmed With Love and Happiness. At the reception, take a minute with your groom to step back and take a look at the room, at all of the wonderful friends and family who have come to share such a special day with you.

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Toronto Maple Leafs defenceman Dion Phaneuf lets a shot go during the Blue vs. White scrimmage at the MasterCard Centre for Hockey Excellence on Wednesday. DAVID COOPER/TORSTAR NEWS SERVICE

Plenty of questions still at Leafs camp

NHL. Kadri scores 3 goals during full scrimmage, but gets mixed reviews

With the regular season looming, the Maple Leafs came as close as they could Wednesday to simulating a game.

Three periods, overtime and a shootout in the Blue & White scrimmage at their training centre only seemed to raise as many questions as answers.

Four days into a truncated NHL training camp, things are as clear as mud in Leaf Land — at least in coach Randy Carlyle's comments for the public.

If Carlyle kept his cards any closer to his chest, you'd need a stethoscope to figure them out.

"I think it shows some people have stepped up and done some of the things there they were historically selected for or chosen for. And other people didn't have such good days, that brought them back in your assessment of them," Carlyle offered when asked about the scrimmage.

"That's what training camp and these days are about."

Thanks to the lockout, there are just six days in camp, however. So Carlyle and his coaching staff are trying to figure out the difference between a bad day and a player not ready for prime time.

"There are some tough decisions going to come," he added.

Open practice at ACC

Fans can head to the Air Canada Centre for an open practice today.

- Gates open at 9:30 a.m. with a full practice expected around 10 a.m.
- Access is on a first-come first-served basis. Fans must enter through Gate 1 for seating in the lower bowl section

Nazem Kadri scored three goals in the scrimmage and still got a mixed report card.

"He had a good first period," Carlyle said. "(He) scored three goals in the first period. They were power-play goals, but goal-scorers' goals. He found a way to get the puck to the net. But I didn't think the second and third period were quite as effective obviously."

Cody Franson and Phil Kessel also scored and defenceman Mike Kostka added a shootout goal in what was deemed a 6-1 victory for the Blue squad.

Nikolai Kulemin replied for the Whites, although goalie Ben Scrivens wasn't sure the puck actually crossed the line.

James Reimer was in the White goal and did well after the first-period Blue barrage.

Carlyle praised his entire team for its work ethic, but added, "We have another level to go to." THE CANADIAN PRESS

MLB

Oliver returning to Jays' bullpen

Toronto Blue Jays reliever Darren Oliver will return this year for his 20th season in the major leagues.

The team announced Wednesday that it has exercised his $3-million US option for the 2013 season.

Oliver, 42, posted a 2.06 earned-run average with the Blue Jays last season, his first in Toronto.

Also Wednesday, pitcher Alan Farin, currently on the roster of Single-A Dunedin Blue Jays, was suspended 50 games following a second positive test under baseball's minor league drug program. THE CANADIAN PRESS

MLS

TFC trades No. 1 superdraft pick

Toronto FC took advantage of a unique MLS SuperDraft landscape Wednesday, trading the first overall pick to the New English Revolution for the fourth pick and allocation money.

Toronto started the day with the first and third pick in Thursday's draft in Indianapolis — and with a definite interest in making a deal. With Chivas USA announcing its intention to pick Connecticut midfielder Carlos Alvarez second overall, Toronto had the luxury of trading down and still having a clear view of the talent available.

"We have our eye on several players in the MLS SuperDraft, but we want to come out of the draft with more than just two player picks," Toronto president and GM Kevin Payne said in a statement.

"We believe we can still get the players we want at the third and fourth picks, and have our team benefit from the allocation money." THE CANADIAN PRESS

NHL. Leafs send Lombardi to Phoenix for 4th-rounder

Davis Nonis has made his first trade as general manager of the Toronto Maple Leafs, sending Matthew Lombardi to the Phoenix Coyotes ahead of the impending NHL season.

In return Wednesday, the Leafs acquired a conditional third-round pick in the 2014 draft from Phoenix.

The five-foot-11, 191-pound centre had eight goals and 10 assists in 62 games with Toronto last season.

"We are very pleased to bring a player like Matthew back to our team," said Coyotes GM Don Maloney. Lombardi previously spent parts of two seasons with Phoenix.

Matthew Lombardi. GETTY IMAGES

Lombardi will make $3.5 million US this season before becoming an unrestricted free agent. THE CANADIAN PRESS

NHL

Zajac signs 8-year deal with Devils

The New Jersey Devils have signed centre Travis Zajac to a long-term contract.

Devils president and general manager Lou Lamoriello announced the deal on Wednesday, shortly after Zajac scored a goal in a scrimmage against Albany of the AHL. The deal runs eight years, and pays Zajac, who should be the No. 1 centre this season, $46 million.

Lamoriello said the two sides had started to work on the new contract before the NHL lockout began in September. THE ASSOCIATED PRESS

NHL. Iginla returns, thinks he'll be ready for opener

Jarome Iginla practised at Flames training camp for the first time this season Wednesday. The captain believes he'll be ready to play in Sunday's season-opener against the San Jose Sharks.

The 35-year-old right-winger missed the first three days of training camp because of a groin injury.

"Thankfully I felt really good out there today," Iginla said following practice. "I didn't feel it and it felt way better than last week. Last week, it didn't feel very good at all.

"It was a good pace out there as a group and a good amount of volume."

Quoted

"Hopefully it's an issue that will never come up again."

Flames captain Jarome Iginla, who skated for the first time Wednesday after sitting out the first three days of training camp with a groin injury.

The Flames were on the ice for two hours of drills and scrimmages Wednesday in front of about 400 people at Scotiabank Saddledome. THE CANADIAN PRESS

Raptors forward Amir Johnson, centre, drives to the net past Bulls Carlos Boozer, left, and Joakim Noah on Wednesday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

Raptors rally to catch Bulls but fall in overtime

NBA. Boozer bullies his way to big night as Toronto's late push all for naught at ACC

Wednesday's game

107	105
Bulls	Raptors

Carlos Boozer scored a season-high 36 points as the Chicago Bulls withstood a late Toronto rally for a 107-105 overtime win on Wednesday.

Boozer, who also pulled down 12 rebounds, has been the focal point of Chicago's (22-15) offence with point guard Derrick Rose still recovering from knee surgery to repair a torn anterior cruciate ligament.

His 21 double-doubles lead the NBA's Eastern Conference.

Luol Deng had 19 points and seven assists for the Bulls, while Joakim Noah had a double-double with 16 points and 14 boards.

Alan Anderson came off the bench to lead Toronto (14-25) with 27 points. The six-foot-six guard did most of his damage from beyond the arc, making four-of-nine three-point attempts. Point guard Kyle Lowry was also effective as a reserve, with 26 points, seven assists and five rebounds.

DeMar DeRozan was the Raptors' best starter, scoring 18 points.

The Raptors made it close in the final minutes of the fourth, pulling to within two on Ed Davis's layup with 1:43 left in the quarter. Deng then hit two free throws for Chicago to pull ahead 99-95.

Lowry was fouled on the next play and, after video review, officials decided it was a three-point play. He made two of his free throws to pull Toronto to within two with 1:16 left in the fourth.

Chicago guard Marco Bellinelli made one of his two free throws to give the Bulls a 100-97 lead, but Lowry responded for the Raptors, making a two-foot jump shot. Landry Fields grabbed a key defensive rebound for the Raptors to give Toronto a chance at taking the lead.

Johnson was fouled on a rebound and his first free throw tied it 100-100. Missed shots by both teams forced the extra time. THE CANADIAN PRESS

Basketball

"That's the only way to provide a better means for their family. So when you look at it from that aspect, I understand it."

Basketball legend Shaquille O'Neal, who said at an NCAA convention Wednesday that basketball players, in most cases, should have to stay in school at least three years before going pro.

Cycling

Let viewers decide, says Armstrong

Lance Armstrong said viewers can judge for themselves how candid he was in his interview with Oprah Winfrey. He was responding to a report in the New York Daily News, citing an unidentified source, that he was not contrite when he acknowledged with Winfrey that he used performance-enhancing drugs. THE ASSOCIATED PRESS

Australian Open

Azarenka cruises through 2nd round

Defending champion Victoria Azarenka raced through her second-round match at the Australian Open, beating Eleni Daniilidou of Greece 6-1, 6-0 in 55 minutes on Thursday.

Azarenka needs to win the women's final on Jan. 26 to retain the No. 1 ranking she has held for much of the last year.

THE ASSOCIATED PRESS

Victoria Azarenka hits on Wednesday in Melbourne. GETTY IMAGES

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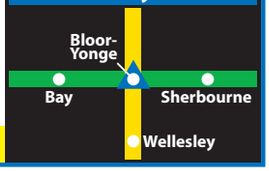

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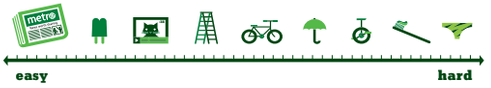

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Horoscopes

♈ Aries
March 21 - April 20
Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

♉ Taurus
April 21 - May 21
You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

♊ Gemini
May 22 - June 21
If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

♋ Cancer
June 22 - July 23
If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

♌ Leo
July 24 - Aug. 23
In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

♏ Scorpio
Oct. 24 - Nov. 22
With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

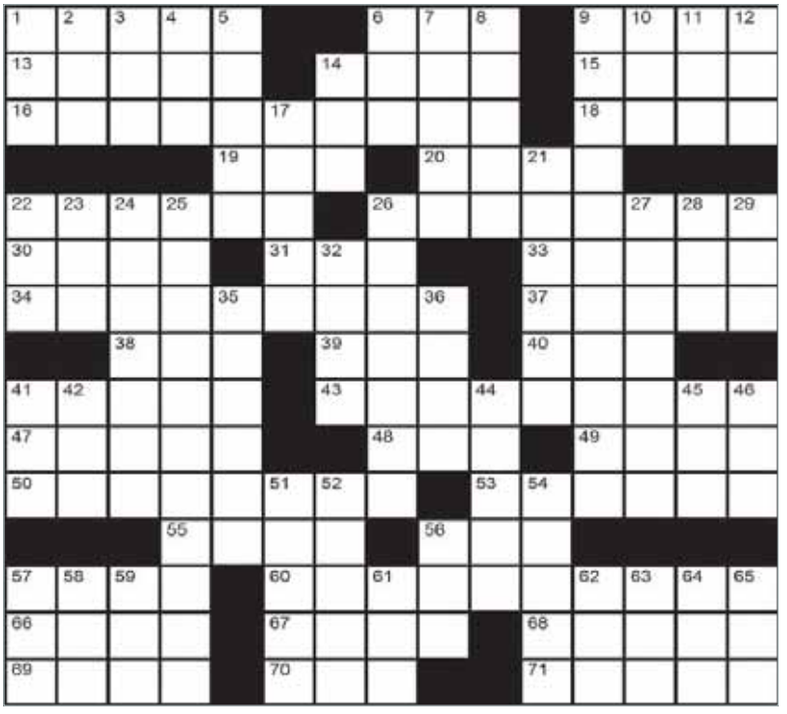
♑ Capricorn
Dec. 22 - Jan. 20
You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

♒ Aquarius
Jan. 21 - Feb. 19
There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for the better. SALLY BROMPTON

Crossword: Canada Across & Down

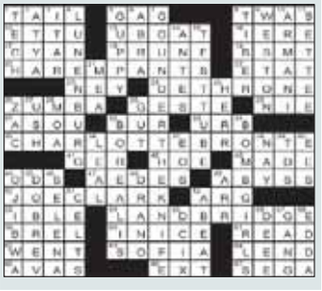
BY KELLY ANN BUCHANAN



Across
1. Island of wild horses in Canada
6. Michael Jackson song
9. Maritime folk tune: "Song for the __"
13. Nature photographer Mr. Adams
14. 'Star Wars' universe knight
15. Actress, __ Rachel Wood
16. New "American Idol" judge: 2 wds.
18. Cozy corners
19. Deryck Whibley's band, __ 41
20. "Me neither.": 2 wds.
22. Blessings
26. Accessorized like The Penguin
30. School subj.
31. Bird of Australia
33. Celebrity chef Ms. De Laurentiis
34. Saskatoon band, The __
37. Feminizing suffixes
38. Director Spike
39. Game-on-the-green org.
40. Teacher's pen
41. Loud
43. Eminem alias: 2 wds.
47. Armada
48. 'Client' completer
49. Halo
50. Scanned-at-checkout things: 2 wds.
53. Is allowed: 2 wds.
55. McGill, e.g.
56. Launch site
57. House entrance
60. Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
66. Lucy __ Montgomery
67. Donated
68. Halle Berry's Canadian ex, Gabriel __
69. Middles, mini-ly
70. Finish
71. Ms. Witherspoon

Down
1. __ Andreas Fault
2. Tropical cuckoo bird
3. Graduate's degree, e.g.
4. Currency in Albania
5. Beethoven's title lady
6. Mr. Mulroney
7. A Bell for __ (John Hersey Pulitzer-winning novel)
8. Mustard variety
9. Alberta city: 2 wds.
10. "__ had it!"
11. Sprinted
12. 'A' of Q&A, for short
14. Mr. Carrey
17. Pondered
21. Canadian communications company
22. Baseball execs
23. Cheerleader's cheer!
24. Designer's studio
25. Poutine pieces: 2 wds.
26. J.K. Rowling's non-magical folks
27. Some horse-drawn carriages
28. Dutch city
29. "__ Boot" (1981)
32. Cleans the floors
35. Quarterback Mr. Manning
36. Go on a yacht
41. Canadian cinematic org.
42. 'Motor' suffix
44. Actress Ms. Fox
45. "__. _ & the Women" (2000)
46. Former-NBAer, __ Ming
51. Mournful melody
52. Mineral water brand
54. __ Allan Poe
56. Dessert choice
57. Rap legends, Run-_ _ _
58. Porridge particle
59. __ Lady Peace
61. Home theatre item
62. Shade
63. UK award since 1917
64. Alternatives
65. Nice 'n Easy product

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	6	4	2	1	3	5	7	8
2	5	7	8	6	9	3	4	1
1	3	8	4	5	7	9	2	6
8	2	6	5	4	1	7	3	9
4	7	5	3	9	8	6	1	2
3	1	9	6	7	2	8	5	4
5	8	3	9	2	4	1	6	7
7	9	2	1	3	6	4	8	5
6	4	1	7	8	5	2	9	3

4				6				3
	2				7	8	1	
	7		9	5				
	1					2		
5		7				4		1
		8					3	
				9	8		4	
	5	2	7				6	
9				2				7

Today
-4°/-9°
Flurries
40%

Friday
0°/-4°
Flurries
40%

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TWN incorporates MSC data

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EMPLOYEE FRIENDS & FAMILY PRICING

0%† FINANCING + UP TO **$10,000** IN PRICE ADJUSTMENTS‡ ON SELECT MODELS

GET UP TO

$2,000 IN PRICE ADJUSTMENTS‡ WITH **0%†** FINANCING FOR 24 MONTHS

OR GET YOUR LOWEST PAYMENT

$95 BI-WEEKLY $0 DOWN AT **2.98%*** FINANCING FOR 84 MONTHS

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

2013 ELANTRA

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM

FRIENDS & FAMILY SELLING PRICE **$15,480♦**

ALL OFFERS INCLUDE $2,000 IN PRICE ADJUSTMENTS.

ELANTRA L 6-SPEED MANUAL.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

Limited model shown

Limited model shown

GET UP TO

$3,500 IN PRICE ADJUSTMENTS‡ WITH **0%†** FINANCING FOR 48 MONTHS

OR GET YOUR LOWEST PAYMENT

$133 BI-WEEKLY $0 DOWN AT **2.29%*** FINANCING FOR 84 MONTHS

THE MOST FUEL-EFFICIENT FULL-SIZED CAR – NATURAL RESOURCE CANADA'S 2012 ECOENERGY VEHICLE AWARD◊

2013 SONATA

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM

FRIENDS & FAMILY SELLING PRICE **$22,200♦**

ALL OFFERS INCLUDE $3,500 IN PRICE ADJUSTMENTS.

SONATA GL AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

Limited model shown

GET UP TO

$1,150 IN PRICE ADJUSTMENTS‡ WITH **0%†** FINANCING FOR 24 MONTHS

OR GET YOUR LOWEST PAYMENT

$167 BI-WEEKLY $0 DOWN AT **2.98%*** FINANCING FOR 84 MONTHS

2013 AJAC BEST NEW SUV (OVER $35K)

2013 SANTA FE

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

FRIENDS & FAMILY SELLING PRICE **$27,245♦**

ALL OFFERS INCLUDE $1,150 IN PRICE ADJUSTMENTS.

SANTA FE 2.4L FWD AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

5 YEAR WARRANTY
100,000 KM COMPREHENSIVE LIMITED WARRANTY††

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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